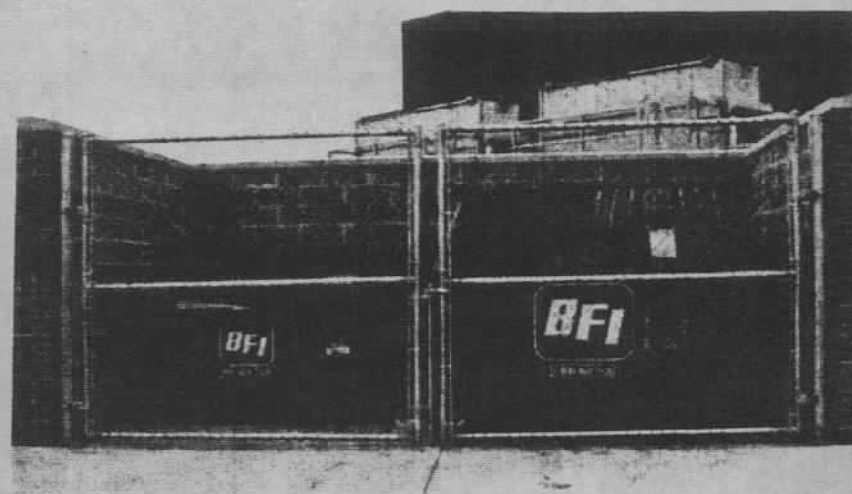


How To Eat  
Cheap On  
The Road ...



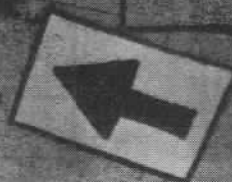
When Dumpster  
Diving Is No  
Longer An Option.

Whether on the road or at home, in a new city or the town you grew up in, on your own or with a group of friends, to impress a boy/girl or to feel the freedom of not participating in capitalisms attempt to deny us the right to eat whether we have money or not, dumpster diving has touched all of our lives. Some people do it because the phrase 'dumpster diving' has caught the attention of the media and thus has become popular in recent years, some people are politically motivated, and some people are just plain hungry.

Dumpster diving can range from your friend who works at the local bagel shop leaving a bag full of day old bagels out back for you to literally swimming through a grimey dumpster searching for that buried treasure. How far you are willing to go is up to you. But with the rapidly increasing number of trash compactors and locked dumpsters, my question to you is:

What do you do  
when dumpster  
diving is no longer  
an option?

It's all dangerous. Dumpster diving and shoplifting are straight up against their artificial laws and food not bombs is on the fence. And don't even get me started on the continental breakfast scam. So watch your step because you don't want to end up like this woman



And you really don't want to end up like this guy.



Hopefully some day I can return the favor to some of my gracious hosts. Always remember to pitch in wherever you are staying. Offer to cook, clean, work in the garden or bike shop, or whatever else needs to be done. The first thing that I usually do when I'm staying at a collective house is the dishes. Collective houses always seem to have a big pile of dirty dishes.

But I'm getting ahead of myself, this is supposed to be about free food. Food not bombs (usually) serves hot vegetarian meals. It's perfect if you're passing through a city and is usually conveniently located downtown.



Zigzagging across the United States for 4 months during a summer where gas prices averaged over \$3 per gallon left very little room in the budget for food. But thanks to a lot of good people, brainstorming, trial and error, and risks, we were able to eat good the whole trip while hardly spending any money.

I'd like to point out that in my traveling experience, the government and flag waving nationalists are not of any help whatsoever. If anything, they do what they can to make things more difficult for you. And when traveling through Illinois and Missouri, make sure to never step foot in a super-market named "Shnucks". Trust me, just don't do it.



Step 1:

continental

breakfast

Don't try to be sneaky and don't attract attention to yourself. If people are looking at you, don't worry. For all they know you can be a paying guest.

The less crusty you look, the better this plan works.

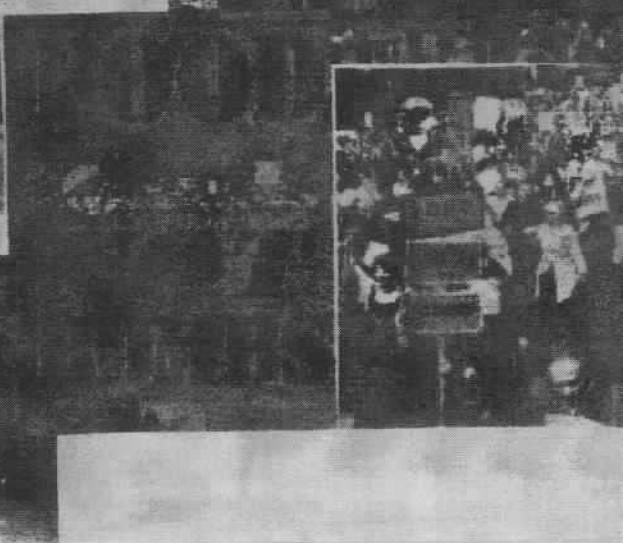
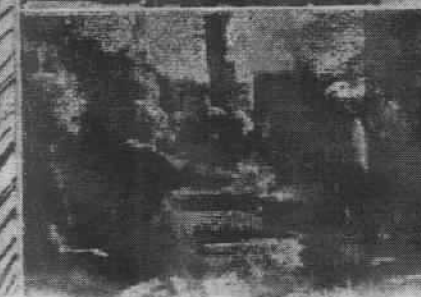
Go inside with 1 or 2 people only. If you are alone and act like you are supposed to be taking food, the guests and workers will assume you are a paying customer and there will be no suspicion at all.

If you decide to go in with 2 people, do not enter together. As the first person engages the people at the front desk with inquiries, the second person blends in with the crowd and makes off with some bagels and fruit.

Now, we all know and love the time honored tradition of shoplifting. You can't beat getting whatever you want for free while diminishing the profit, however small the amount, from greedy capitalist corporations. If you are going to shoplift while traveling, **BE CAREFUL!!!!** I know they say that if the amount is under \$25 Wal-Mart doesn't prosecute... but they could, and you never know.

Don't kid yourself. When you are traveling, people can tell.

YOU ARE BEING WATCHED!!!!





The first thing you want to do when you arrive in a new city is go to the library to use the internet. After getting your information about, and directions to, all the tourist attractions you plan to visit, don't forget to check out indymedia.org. Scroll down to the city that you are in. On the local indymedia website you will be able to find out if, when, and where there is a food not bombs. You can also find out about the local infoshop and other activist resources and activities.

Some food not bombs chapters serve food one day a week but others serve more. Some cities have food not bombs everyday. The people who cook and serve food not bombs are invariably very helpful with helping you to find resources available to you in their city. They also probably live in, or know someone who lives in, a punk or collective house that is very accomodating with its traveling comrades.

Introduce yourself to the people at the infoshop and food not bombs. People will be more open to you once they realize that you know some of the same people or have been to the same protest. Share your experiences and you might be surprised at the amount of connections among anarchists in the US. I once got a place to stay in Salt Lake City because of a guy that I met in Denver who was from Seattle. Then, one of the guys in Salt Lake City got us places to stay in San Francisco and San Diego.

Keep in mind that if you get arrested in a county that you are not a resident of, the laws and penalties may be harsher and the courts and DA will definately be harsher. You will probably also have to return to that city 3 or 4 times for court before paying thousands of dollars in fines, court costs, and lawyers fees. And you really don't need something like this on your record. Now don't get me wrong. I'm not trying to scare you out of shoplifting. I am a big fan of shoplifting. I just want you to be careful and not take unnecessary risks while traveling. You can buy in the supermarket, with \$2-4 ( a few minutes of pan handling on a good day), enough food for 2 people to eat for 2-3 days.

**Bread-** cheap and filling. You can buy a big loaf at most stores for less than \$1. Sometimes 50 cents. Remember, no matter how small it looks, a smushed piece of bread is still the same amount of food.

**Peanut Butter-** cheap, filling, and it lasts forever. It's also vegan. \$1-1.50 (buy generic, no skippy).

**Cheese-** look for the cheapest, individually wrapped slices where the word 'cheese' is mysteriously omitted on the package.

**Cans-** I hate cans but you can get a can of beans or spaghettios for less than 50 cents. Whenever possible, shop at big supermarkets and not small corner stores who charge 3 times as much. I know you will probably get tired of those peanut butter or cheese sandwiches after like 2 bites, but remember, when you're traveling, you are not eating for pleasure, you're eating for necessity...unless you are bougie, and you're not bougie, are you?

There is, however, a way to spice things up a little bit, which brings me to my next topic...

# Fast Food

These places are everywhere and they are full of free condiments. They are also great places to use the rest room to freshen up or to relieve yourself. Any fast food place is good for filling up your water bottle with ice water. Depending on the location of the drink dispenser, and how many employees are around, you may be able to score some free soft drinks. You can easily walk into any fast food place, grab a couple handfuls of condiments, and walk out before anyone has a chance to say anything. Most employees either won't care or they will be too confused to say anything for a few minutes, at which point they will probably become quite amused (yet still confused) because they don't understand our lifestyle.

I thought that it might be helpful if you knew which condiments you can get at which fast food places. I know that it's fairly obvious but I'm putting it in anyway.

## 1. TACO BELL

Here you can find hot sauce from mild to fire. This will be crucial if you are a fan of hot sauce, and I know a lot of you are.

## 2. MCDONALDS WENDYS JACK IN THE BOX

All the classics. Salt, pepper, ketchup, mustard. Some employees will give you bbq sauce and honey mustard if you ask... some won't.

## 3. BURGER KING

Burger King has its own section simply because they have mayonaise. Thank you BK.

Butter.

## 4.

KFC

JACK IN THE BOX

WENDY'S

KFC

MCDONALD'S

TACO BELL

BURGER KING

KFC